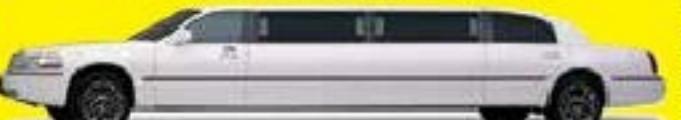


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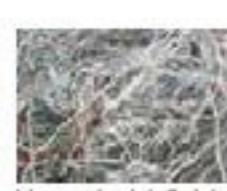
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Local hairdresser is crowned Bronze Winner for Color by Wella



Caroline McNeill All Aspects of Hair winning Bronze Award in the COLOR Category in London!

Caroline McNeill from All Aspects of Hair design in Newry has been awarded one of the highest colour accolades in Ireland winning the Bronze Award in the COLOR Category in London! Caroline pictured here being presented her award by host Jo Whiley on Monday 6th October at the Wella Professionals TrendVision UK & Ireland Final 2014 which proved to be a glitzy event and one of the world's most prestigious annual hairdressing competitions!

Celebrating 10 years of award winning creativity and talent the TrendVision Award sees hundreds of hairdressers being part of this magnificent event.

Caroline finalised against hundreds of colourists from across Ireland at the Irish Heat in Dublin earlier this year (featured previously),

securing her position at the UK & Ireland Final, this year held at the Roundhouse in London's Camden. Here she wowed the judges with the look she created on local model Molly Dobbin, makeup by Julia Clements. Caroline gave a presentation to an esteemed panel of elite hair and fashion industry judges to beat of some of the most talented hairdressers to be crowned the Irish Bronze winner of the Wella Color TrendVision Award 2014 bringing it back to Newry!

Caroline one of the first of only a few qualified Master Colour Experts in Ireland is no stranger to the competition arena being a well-known name in the hair industry maintaining her position alongside the hairdressing elite. The next step is to take the amazing mentoring programme provided by Wella learning from the top names within the industry. Caroline has already attended London Vidal Sassoon which was a day



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Note 2: Additional disk space charged at 2c per MB per month.

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Note 4: Additional computer cycles charged at 2c per cycle.

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For the ever keen junior golfers at Kellys Golf Centre, the Winter League is back up and running again with Rian Carville keen to retain his title; but there has been strong opposition from the start, notably from young Matthew Lynch and Conor Murphy, who both won respectively in the first 2 weeks of the league. However, it is still early days, there are still a long way to go and without a doubt it will be a close race towards the end.

The junior Saturday classes at Kellys Golf

Centre are proving to be very successful this year. There are 3 separate classes starting with the 5 to 7 year olds at 12 noon. This is followed by the 8 to 12 year olds from 1pm to 2pm, and then a girls only session from 2pm to 3pm. These golf classes are under the auspices of Kellys Golf Centre resident PGA Professional Dougie Bell, who commented: "It is great to see so many young children interested in playing golf. I would encourage anyone to come along and join in the fun. The classes run for 6 weeks and cost £30 per child. It is an opportunity not to be missed as it is a great way for any child to build up their golf skill and then be able to put these skills to the test on the par 3 pitch and putt course at Kellys Golf Centre.

To keep up to date with what is going on at Kellys Golf Centre this winter, you can check them out on Facebook or telephone 028 4177 3247.

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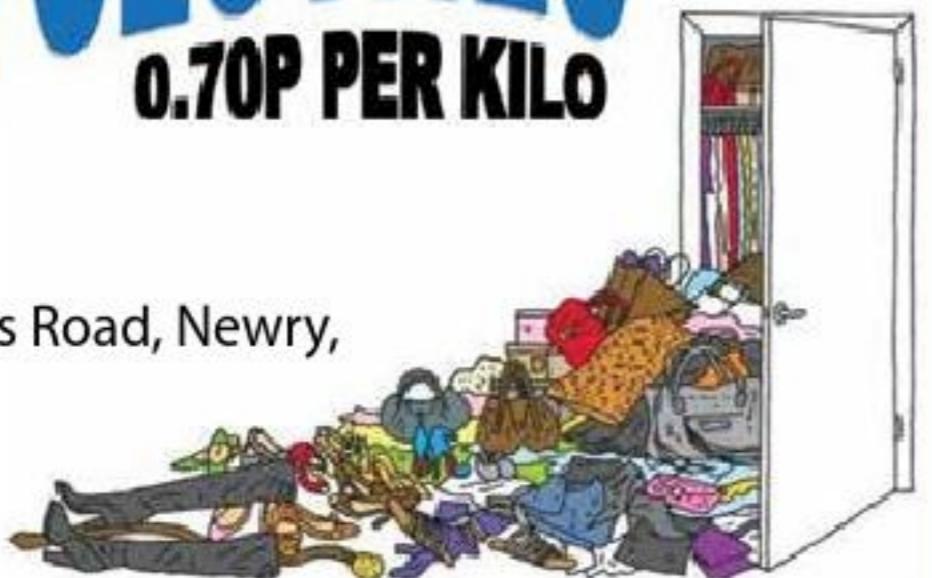
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Cuisine Direct has decided to open its doors to the public and offer a wide range of products at wholesale prices, including Christmas goods. The public are welcome to avail of hassle free parking at their premises based in Milltown Industrial Estate.

In September 2013



Elaine Wackett,
Business Development
& Marketing Officer at
Cuisine Direct.



the company secured a Graduate through the Aspire Programme funded by INTERREG. The Graduate delivered a very successful Sales and Marketing project for the company. Cuisine Direct is now delighted to offer Elaine Wackett a full time Sales and Marketing position within the company.

Brian Curran, Company Director said, "Elaine has worked hard to develop our business and has become an asset to our Company. Cuisine Direct look forward to continued development and growth in 2015."

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Optilase announce the arrival of world renowned technology at clinics nationwide



The Optilase Team: Mr. Wayne Crewe Brown (Optilase Medic) pictured with his team at Optilase, Belfast

Optilase are proud to announce the successful installation of the Schwind Amaris in their Surgery centres across Northern Ireland.

In the Optilase state of the art Surgery centres - at Belfast City Centre (facing city hall) and newly opened Enniskillen Clinic (at Ermeside shopping centre) - Optilase have re-affirmed their reputation as the European leader in successful Treatments and technology.

Why the Schwind Amaris?

It is widely recognised across the Laser Eye industry worldwide, that the Schwind Amaris is the number one choice for Clinical staff, Surgeons and medical staff to have their eyes treated. The Patient results and Clinical data are second to none - all of which prompted Optilase to upgrade to Schwind Amaris in their Clinics.

The Schwind allows extremely short surgery times; is most accurate treatment available, with advanced eye-tracking and iris-registering technology; hands-free faster-healing treatments all allow the Optilase Surgeons to consider more complex cases than ever before - with the best results worldwide.

Referral Centre Of Excellence

Such is the 'dream team' of Optilase Surgeons and

using the Schwind Amaris, that Optilase are also now a Referral Centre of Excellence to treat complex cases from other providers and correct them.

The Schwind Amaris allows Optilase to correct cases of visual impairment that other Clinics just cannot as their technology does not allow it.

Accurate correction of prescription

Your eye is as unique as your fingerprint, and the Schwind Amaris allows for exact mapping of your eye so the procedure is completely customised to you, for optimal results.

"Swifter treatment also means greater patient comfort, and surgery on both eyes can be completed within about ten minutes"

Eyes move involuntarily move an average of 90 micrometres per millisecond when looking at a laser light, and constant positioning of the eye is important for a successful eye laser treatment.

The Schwind Amaris has an eye tracker camera which monitors the position of the eye over 1000 times per



Award Winning Team: Pictured L-R at the Optilase Ball at the Merchant Hotel in Belfast, Mr. Wayne Crewe Brown (Optilase Medic), Tracy Gilligan (Optilase), Chris Willis (Acufocus) & Mark Shortt (Optilase).

second to allow minute adjustments, which means greater accuracy than even the faster excimer lasers, which are common with other providers.

Faster Treatments

The length of time a treatment takes matters, as the UV light from the laser begins to dry the cornea out.

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04890 438397 (ROI)**

Belfast - L/Derry - Newry - Enniskillen

Find out more about our free consultations, visit www.optilase.co.uk



Why choose Optilase

- ✓ Europe's No.1 Laser Eye Clinic
- ✓ World Leading Surgeons
- ✓ Most Advanced Technology
- ✓ Lifetime Care Guarantee
- ✓ Free Consultation

A too-dry cornea can cause poor results, so the shorter the treatment time, the better.

Swifter treatment also means greater patient comfort, and surgery on both eyes can be completed within minutes.

Pain Free

Treatment with the Schwind device is almost completely painless. Your eye will be numbed with drops before the procedure, and all you will feel is a light pressure on the eye.

With similar lasers, alcohol was used to remove the surface layer of corneal cells - the epithelium. With Schwind Amaris however, it's the laser that removes the epithelium using a specially formulated algorithm, meaning the surgeon barely touches the eye and no alcohol is required during the treatment - therefore vision accuracy is swift to return and the overall experience is more comfortable for the patient.

“Schwind Amaris allows for exact mapping of your eye so the procedure is completely customised to you”

Optimal Results

Clinical studies with the Schwind laser have shown that patients after laser treatment see even better than they did before with glasses or contact lenses.

Not all laser eye clinics are as discerning as Optilase, and some people often feel pressured into a 'one size fits-all,' conveyor-belt surgical experience.

Operating under the strictest of informed patient consent and clinical parameters, Optilase hold patient care as the number one responsibility.

For this reason Optilase offer Schwind technology, designed to deliver peerless accuracy in eye surgery. You're in safe hands at Optilase with Schwind Amaris.

To find out more call 08000 121 565 or see www.optilase.co.uk



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Pamela Ballantine with surgeon Wayne Crewe Brown and the Optilase Team

Pamela Ballantine
Broadcaster & Presenter

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. This is the best decision I have ever made, I now see life in full HD!

Gerry Armstrong

Football Legend and Broadcaster

My only wish is that I had it done years ago - maybe I would have scored a few more goals



Gerry Armstrong with Mark Shortt, Managing Director of Optilase Northern Ireland

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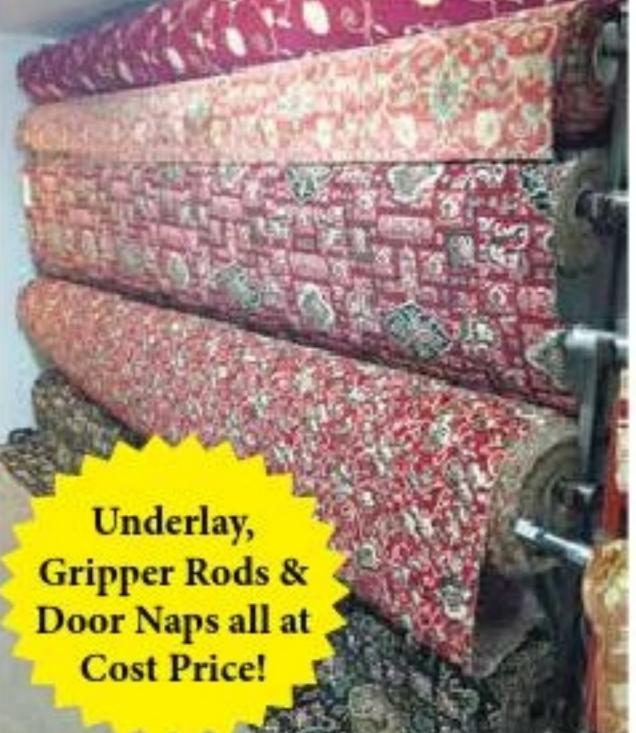


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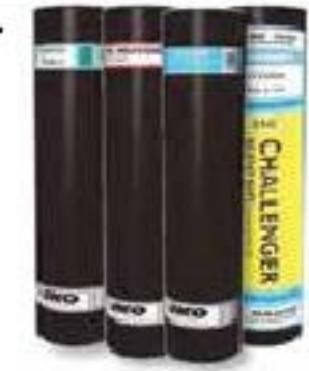
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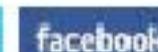
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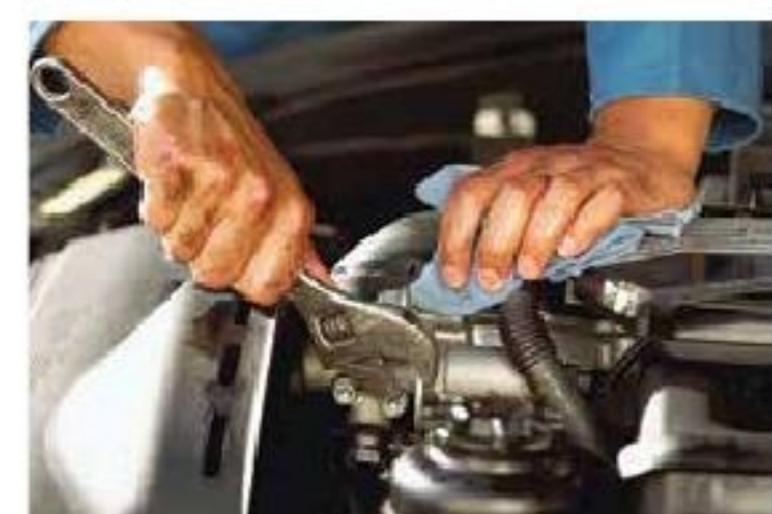
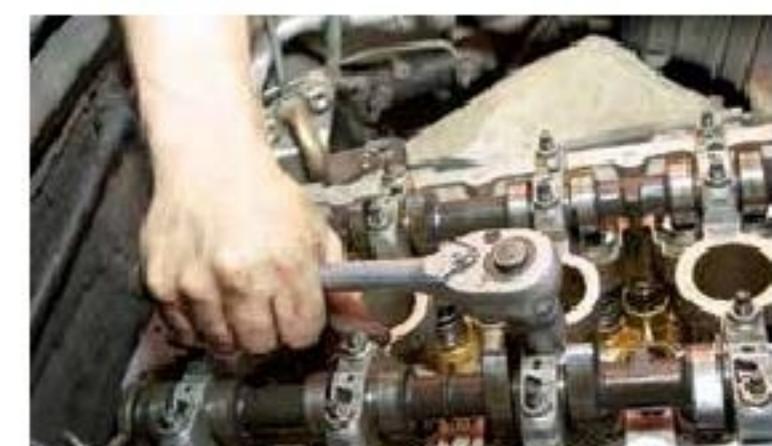


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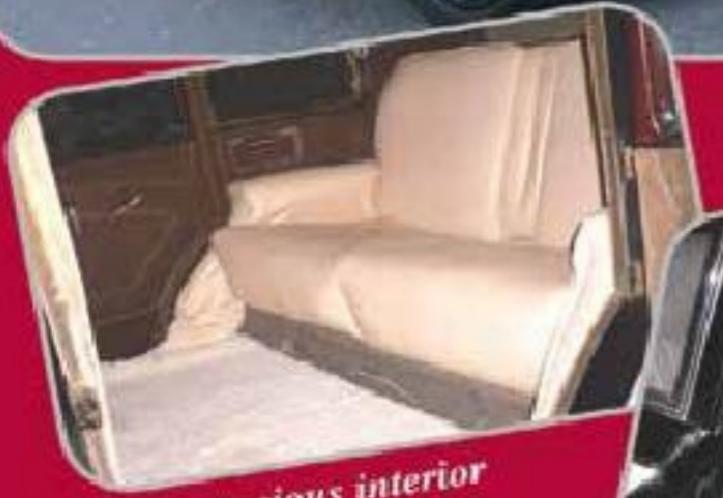
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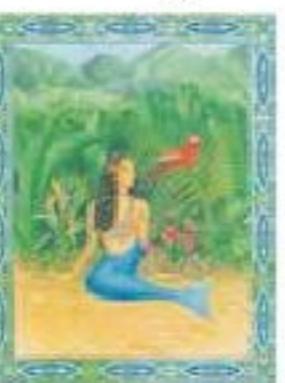
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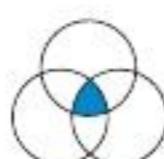
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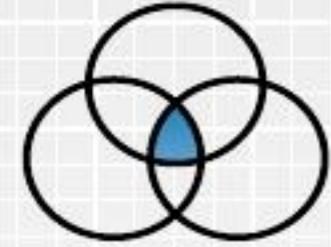
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Dealing with stress in the run up to Christmas!

The build up and approach to Christmas can be an exciting time for many! For others it can mean extra work load, added financial pressure and thus raised stress levels. Excessive stress and its associated manifestations of anxiety, panic and overwhelm are at epidemic proportions in modern society, often leading to addiction to tranquilizers and alcohol. In short, too much stress leads to a life that doesn't work. And, it doesn't have to be this way! Modern psychotherapists can quickly help stressed individuals to lead a normal life.



Irritable bowel, peptic ulcer, angina, skin complaints, excessive alcohol consumption or the taking of drugs, a feeling of burnout, anxiety disorders and depression. It is important to take immediate action to deal with raised stress levels; stress is severely damaging to our physical and mental health. People who are stressed age prematurely!

Stress is experienced when any pressure or accumulation of pressures - physical or psychological - become too much for a person to cope with. Thus what is perceived as a stress will vary from individual to individual. Throughout life people encounter many highly stressful events such as, bereavement, financial difficulties, tragedy and illness. There are also smaller everyday challenges. When too many challenges happen within a short time span we become stressed. Stress is a feeling of overwhelm and sometimes panic. This leads to disturbed sleep, poor concentration, physical complaints such as migraine, high blood pressure,

prolonged periods of stress. The brain produces massive amounts of adrenalin during periods of stress. To live a healthy life, we must stop the brain producing excess adrenalin. The initial solution therefore, irrespective of the cause of our stress, is always to decrease the production of adrenalin by calming the nervous system. Modern brain science has provided simple solutions for staying calm including; breathing - making the out-breaths 1/3 longer than the in-breath; exercise - 30 minutes 5 times per week. Try these two techniques; in a few days you will see a reduction in your stress levels. The psychotherapist uses other powerful tools including cognitive and behavioural exercises, guided - imagery and the rewind technique which quickly disables obsessive worries and thus reduces stress levels.

If you are concerned about the levels of stress you are experiencing in your life, consider making an appointment with Paul Grant. Paul runs a private therapy practice in Newry. You can book an appointment or contact Paul for advice by e-mail, paul@paulgranthgtherapy.com or call 077 3973 1424.

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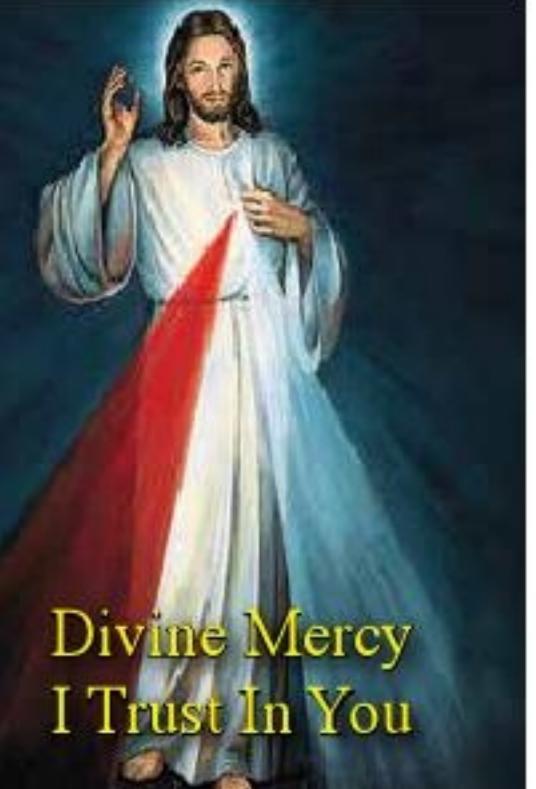
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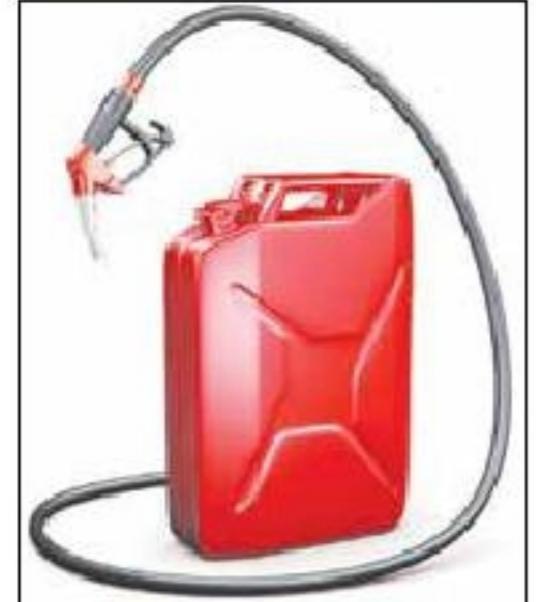
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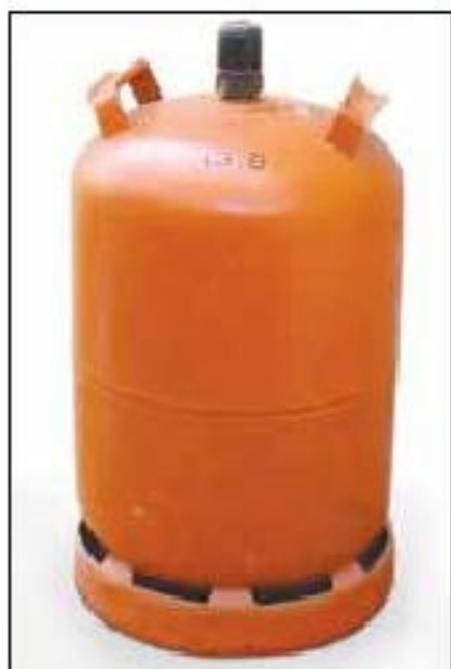


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Fuel consumption figures for the Honda range in mpg (l/100km): Urban Cycle 23.2 – 70.6 (12.2 – 4.0), Extra Urban 40.4 – 85.6 (7.0 – 3.3), Combined 32.5 – 78.5 (8.7 – 3.6). CO₂ emissions 201 – 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Models Shown: Jazz 1.4 i-VTEC ES Plus Manual in Milano Red Non-Metallic, Civic 1.4 i-VTEC S Manual in Milano Red Non-Metallic, Civic Tourer 1.8 i-VTEC S Manual in Milano Red Non-Metallic and CR-V 2.0 i-VTEC S Manual 2WD in optional Passion Red Pearl. Terms and Conditions: Nil Advanced Payment offer on Jazz 1.4 i-VTEC ES Plus Manual and Civic 1.4 i-VTEC S Manual, £499 Advanced Payment offer on Civic Tourer 1.8 i-VTEC S Manual, £999 Advanced Payment offer on CR-V 2.0 i-VTEC S Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 October 2014 to 31 December 2014 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY. (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB.

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Fuel consumption figures for Civic Tourer 1.6 i-DTEC SE Plus in mpg (l/100km): Urban 67.3 (4.2), Extra Urban 78.5 (3.6), Combined 74.3 (3.8). CO₂ emissions: 99g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Model Shown: Civic Tourer 1.6 i-DTEC SE Plus in Crystal Black Pearl at £22,460 On The Road (OTR) including £1,000 customer saving applied to the original OTR price of £23,460. Terms and Conditions: New retail Civic Tourer registered from 1 November 2014 to 03 January 2015. Subject to model and colour availability. Offers applicable to participating dealers and are at the promoter's absolute discretion. Customer Saving: £1,000 customer saving off the On The Road price. Customer saving of £1,000 inc VAT will be applied to the retail invoice. Applicable to 14YM Civic Tourer models (excludes S grades). Civic Tourer Honda Aspirations (PCP): 0% APR Representative example shown based on Civic Tourer 1.6 i-DTEC SE Plus in Crystal Black Pearl at £22,460 total cash price (and total amount payable) with 37 months 0% APR Representative (interest rate per annum 0% fixed). Minimum customer deposit 0%, maximum customer deposit 20%. Representative example based on £8,811.18 (24%) deposit = £209 monthly payment. Guaranteed Future Value / Optional Final Payment of £9,124.47, annual mileage of 10,000 and excess mileage charge: 4p per mile. You do not have to pay the final payment if you return the car at the end of the agreement and you have paid all other amounts due. The vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Credit provided by Honda Finance Europe Plc. 470 London Road, Slough, Berkshire SL3 8QY. Honda Finance Europe Plc. is authorised and regulated by the Financial Conduct Authority. Financial Services Register number 312541. 5 Years Servicing includes: All scheduled servicing, as detailed in the vehicles service book, will be covered for 5 years or 62,800 miles, whichever comes first. 5 Years Servicing is optional. It is being offered for £800 including VAT (usual value £1,430 including VAT, resulting in a £920 saving for the customer) and is available to finance or non-finance customers. Please note, should you sell the vehicle during the period of cover, the package remains with the vehicle.

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